



2020 Mornington Peninsula 5M's Race Details

We will meet at 8.00 am on Sunday 1st March 2020 at Geoff Nicholson's (Nicho) house, 101 Stanleys Road, Red Hill South, Melways ref 191 G7. Park in 'Bogged Porsche' paddock just inside the main gate.

There are no toilets at the start at Geoff's place (apart from bushes for a pee). Suggest you stop on the way at the public toilets in Balnarring (opposite Balnarring & Frankston Flinders Rd) or Red Hill (close to cnr Red Hill Rd & Pt Leo Rd).

Don't be late, everyone is waiting on you!

Once we are all assembled there will be a pre-race briefing and we'll then pick teams. Team captains will be the top runners in the field as determined by the seeder. Captains will then pick in reverse order, i.e. lowest ranked captain has first pick. Once all captains have had one selection, the order reverses, i.e. the highest ranked captain has first pick in the second round. The order again reverses for the final round. To assist (or maybe not), a form guide compiled by the seeder with information on each runner will be circulated with his/her suggested seedings a few days before the race.

Once team selections are finalised, there will be time to go for a warm up over stage 1 and/or for teams to figure out their strategies.

The race proper will start at 9.00 am.

The first 4 stages are run as a relay, i.e. one runner at a time from each team in any order that you choose. Each team member must run once. As soon as your entire team has completed this out and back stage, the team sends out a runner on the fifth stage (i.e. no massed restart) with the team car heading to the stage 5/6 changeover point.

Each team member completes one leg out of stages 5 to 8.

Stage 8 should finish at about 11am and we'll then have a 30-60 minute break at the Shoreham Tennis Club grounds where there is plenty of parking and toilet facilities. BYO food and drinks as there are no shops.

It's a short drive to stage 9 where a mass re-start will occur, with cars following. Each runner must complete two of stages 9 to 16 and cannot complete consecutive stages. The finish line is in Flinders. Last time we did this event the first team arrived at the finish approximately 2:00pm.

We will then drive back Geoff's house for a BBQ and presentations. The club will provide sausages, bread, beer and soft drink. We'll try and cater for other dietary requirements, however if you want or need anything different then it might be best to BYO (eg: gluten free, vegetarian, etc.). Feel free to bring a salad or sweets to share. Your family is welcome to join us, though please let us know in advance so we can cater (or BYO extra few snags). Geoff's property is on tank water so BYO drinking water. Geoff has a totally awesome pool so plan for a swim too!



Please note, there are a few major road crossing during the event. We will do what we can to help you across safely, but ultimately it is your responsibility. Please take care. If necessary, times will be adjusted to compensate for being held up by traffic.

The prestigious Alan Barkauskas Runner of the Day Award will be selected as follows:

1. All teams will nominate the runner from their team that they believe is most worthy. Teams can use any criteria they wish in making their decision. Captains have the final say.
2. All team captains will then gather to vote on the winner. This might happen on the day, but more likely a few days after the event to give them a chance to study the results.



For insurance reasons, only fully paid up members can participate.

In appreciation of Geoff hosting us, we will pass the hat around and ask for donations to his nominated charity – Mornington Peninsula Foundation. This group does some amazing work in the local community supporting those that suffer socio-economic disadvantage. Donations are entirely voluntary, but an entry fee to something like 5Ms would ordinarily be well in excess of \$100 so please be generous! Further details re the Mornington Peninsula Foundation can be found at www.mpf.org.au and online donations can also be made via this site (please let Dozer know if you make an online donation so we can track the club's total contribution).

- Teams are trusted with keeping their own accurate timesheets.
- Timesheets will be collected by the officials at the lunch break & again at the end of the event. A sample timesheet follows below. Blank timesheets will be given to each team on the day.
- Each team needs to run a stop watch that will be used as their official time piece. That watch should be set to 0:00 for the start of stage 1 and again for the start of stage 9.
- It is the responsibility of each runner to ensure they complete the course accurately. Team cars should meet up with their runner at tricky intersections to point them in the right direction. Failure to complete any stage accurately will result in time penalties. We have learned over the years that it impossible to have a single rule regarding time penalties. Therefore the captains will negotiate and agree a penalty that will apply in any such circumstances. Penalties are generally severe enough to make it difficult for your team to win (for example: slowest time for stage + 2 mins).
- It is the responsibility of the team to ensure their runner is ready at each handover point. Time wasted by not being ready is included in the time of the arriving runner. (i.e. your stage is not complete until you tag your team member).



Short history of the MMM 5M's relay

Back in the 80's, the Midday Milers (who were the Reserve Bank Midday Milers then) used to go up to Sydney in March every year for a challenge race against the Sydney Reserve Bank runners. The last of these was in 1989 (won by Max Howard) and after that it became clear the event had run its course so to speak, so the group came up with a new concept the following year; a team relay the length of King Island. This was the first of the 5Ms relays which we've run every year in March.

The concept is teams of four runners competing over a course of mapped out stages. Due to the length of King Island (80 km) every runner ran five times during the day, but this was soon reduced to four times over a distance of around 60km.

Teams have a number 1, 2, 3 and 4 runner, seeded in order of ability, selected school yard style by team captains. Although captains are provided with a seeding list, they are free to make their own selections and are ultimately responsible for their decisions.

The pre-event banter regarding the merits or otherwise of the seeding order has become an integral feature of the event, but ultimately it is up to the captain to figure out who is hiding form and who is feigning injury. 5M's have been won and lost as a result of team selection.

A feature of the 5Ms is the specially designed team singlets. Life member Alan Barkauskas had a contact in the printing game and for more years than we can remember Alan footed the bill. In recognition of Alan's contribution, since 2009 the runner of the day has been awarded the Alan Barkauskas award. Sadly we lost AB to cancer during 2013 – to give you an idea of how important AB and the Milers were to each other, his family placed a Miler singlet above his coffin and continued to sponsor the 5M's singlets for a couple of years. We continue to use AB's printer, even though he retired years ago.

5Ms courses have been through many of the forest areas of central Victoria and seaside locations like Anglesea, Bass Coast, Barwon Heads/Ocean Grove, Torquay and the Mornington Peninsula. This year is our 6th time over the Mornington Peninsula course which is testament to Nicho's awesome hosting! We made a few changes to the course in 2015 to avoid people from racing across the major highways in the area. As you will see in the following pages, there are a couple of instances where a stage will finish on one side of the road, and the next stage will start on the other side via a wave. Please be careful and remember we're not racing for sheep stations.

Comprehensive maps, seeding lists and results from previous 5M's are available from the results section of the MMM web site.

And in case you didn't know, 5M's stands for 'Melbourne Midday Milers March Madness'.



Sample Timesheet

Team Name: *Record Breakers*

| Stage | Runner | Distance (km) | Start time | Finish time | Net time |
|-------|-----------------------|---------------|------------------|----------------|----------------|
| 1 | <i>Simon Bevege</i> | 3.39 | <i>00:00</i> | <i>11:09</i> | <i>11:09</i> |
| 2 | <i>Stephen Paine</i> | 3.39 | <i>11:09</i> | <i>22:28</i> | <i>11:19</i> |
| 3 | <i>Jay Phillpotts</i> | 3.39 | <i>22:28</i> | <i>33:48</i> | <i>11:20</i> |
| 4 | <i>Luke Yeatman</i> | 3.39 | <i>33:48</i> | <i>45:09</i> | <i>11:21</i> |
| 5 | <i>Simon Bevege</i> | 4.00 | <i>45:09</i> | <i>59:33</i> | <i>14:24</i> |
| 6 | <i>Richard Does</i> | 4.27 | <i>59:33</i> | <i>1:13:14</i> | <i>13:41</i> |
| 7 | <i>David Munro</i> | 3.20 | <i>1:13:14</i> | <i>1:23:54</i> | <i>10:40</i> |
| 8 | <i>Simon Bevege</i> | 5.13 | <i>1:23:54</i> | <i>1:41:47</i> | <i>17:53</i> |
| | | 30.16 | Lunch time total | A | <i>1:41:47</i> |
| Stage | Runner | Distance (km) | Start time | Finish time | Net time |
| 9 | <i>Dan Hornery</i> | 3.66 | <i>00:00</i> | <i>12:40</i> | <i>12:40</i> |
| 10 | <i>Clem Scott</i> | 3.70 | <i>12:40</i> | <i>27:41</i> | <i>15:01</i> |
| 11 | <i>Simon Bevege</i> | 5.30 | <i>27:41</i> | <i>45:28</i> | <i>17:47</i> |
| 12 | <i>Joji Mori</i> | 4.50 | <i>48:12</i> | <i>1:00:27</i> | <i>14:59</i> |
| 13 | <i>Simon Bevege</i> | 4.50 | <i>1:03:11</i> | <i>1:15:32</i> | <i>15:05</i> |
| 14 | <i>Colin Thornton</i> | 4.21 | <i>1:18:16</i> | <i>1:29:21</i> | <i>13:49</i> |
| 15 | <i>Simon Bevege</i> | 4.49 | <i>1:32:05</i> | <i>1:42:47</i> | <i>13:26</i> |
| 16 | <i>Andrew Compson</i> | 3.66 | <i>1:45:31</i> | <i>1:56:43</i> | <i>13:56</i> |
| | | 34.02 | Afternoon total | B | <i>1:56:43</i> |
| | | 30.16 | Lunch time total | A | <i>1:41:47</i> |
| | | 64.18 | Total race time | Add A + B | <i>3:38:30</i> |

Legend: *Black & shaded areas* - these will already be complete when you are given the form
Blue print - these are the bits that YOU must complete accurately
Red print - you can fill these out if you like, but the officials will check them

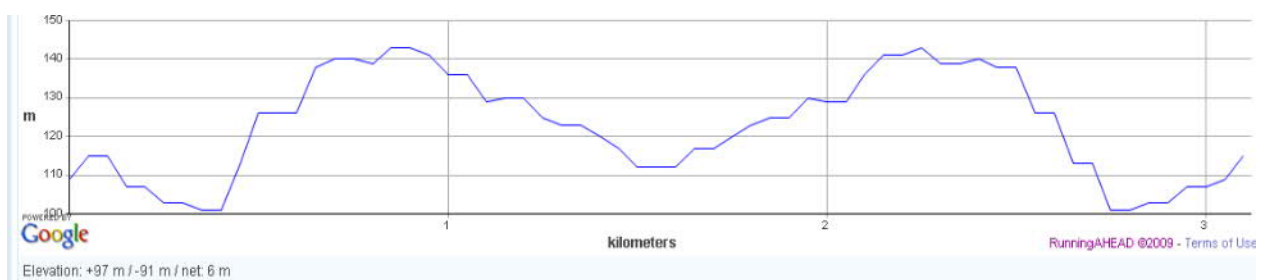
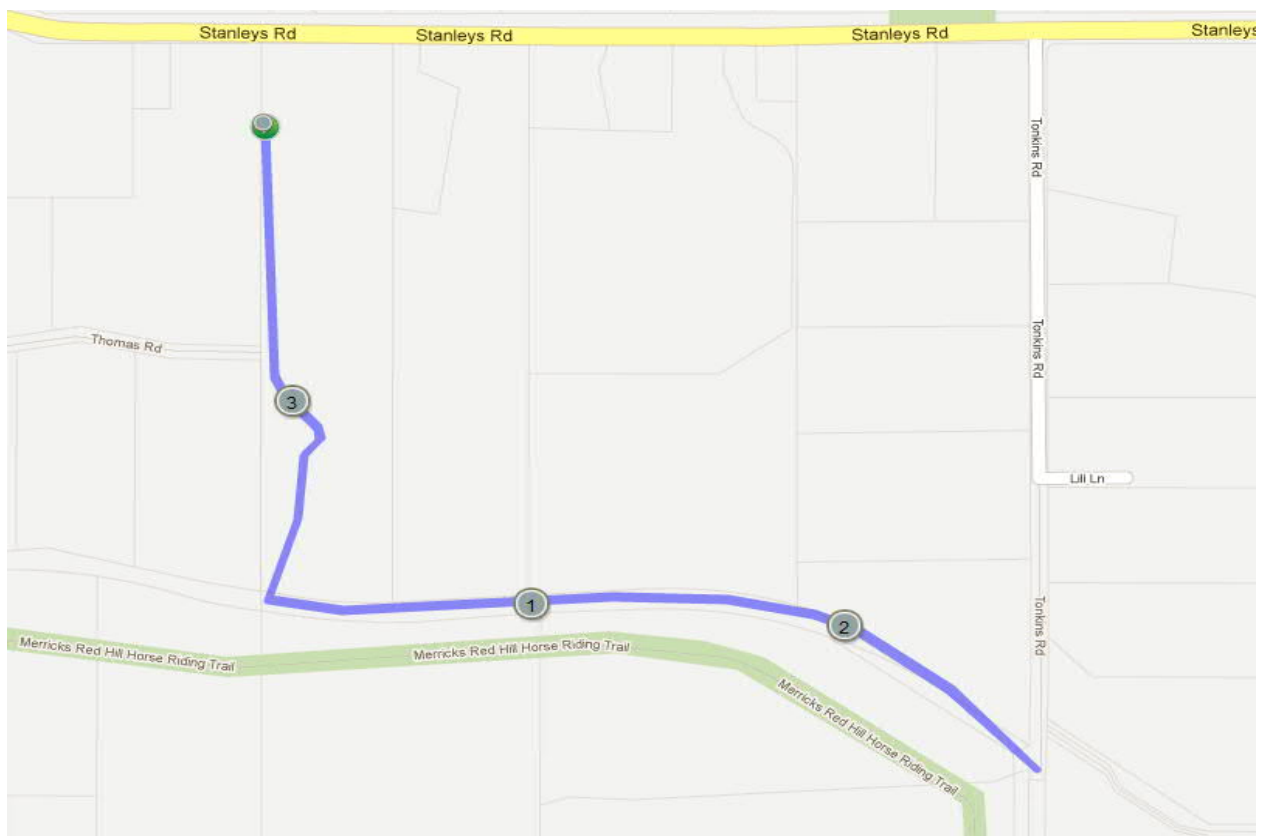
Stages 1 - 4 - Nicho's revenge (run as a relay)

Melways Ref: Start 191 G6 End 191 G6

Distance: 3.39 km

Description: Out and back starting at Nicho's middle gate. Follow the driveway, stay right of the house and head to the right across the top paddock. Proceed through the small gate near the shelter. Continue through the gate at the top right hand corner of the paddock. Turn left onto Merricks Red Hill horse riding trail. Turn around after you touch the gate at approx 1.7 km just before Tonkins Rd. Return to where you started.

Course record: 11:09 – Simon Bevege - 2012



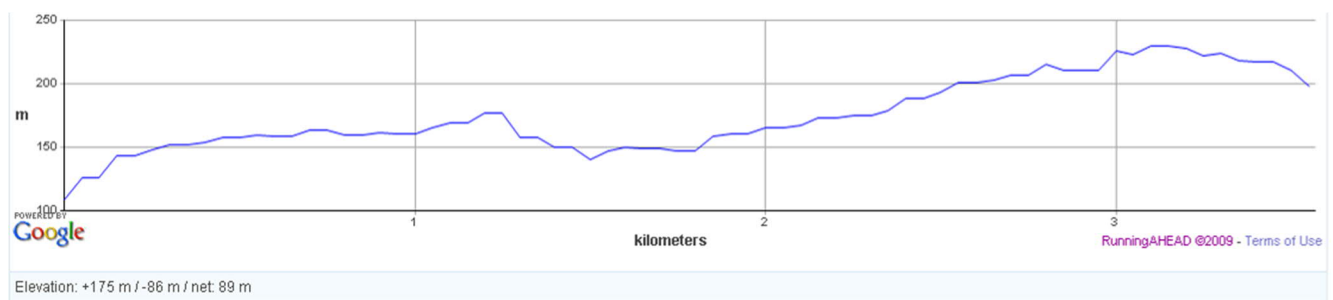
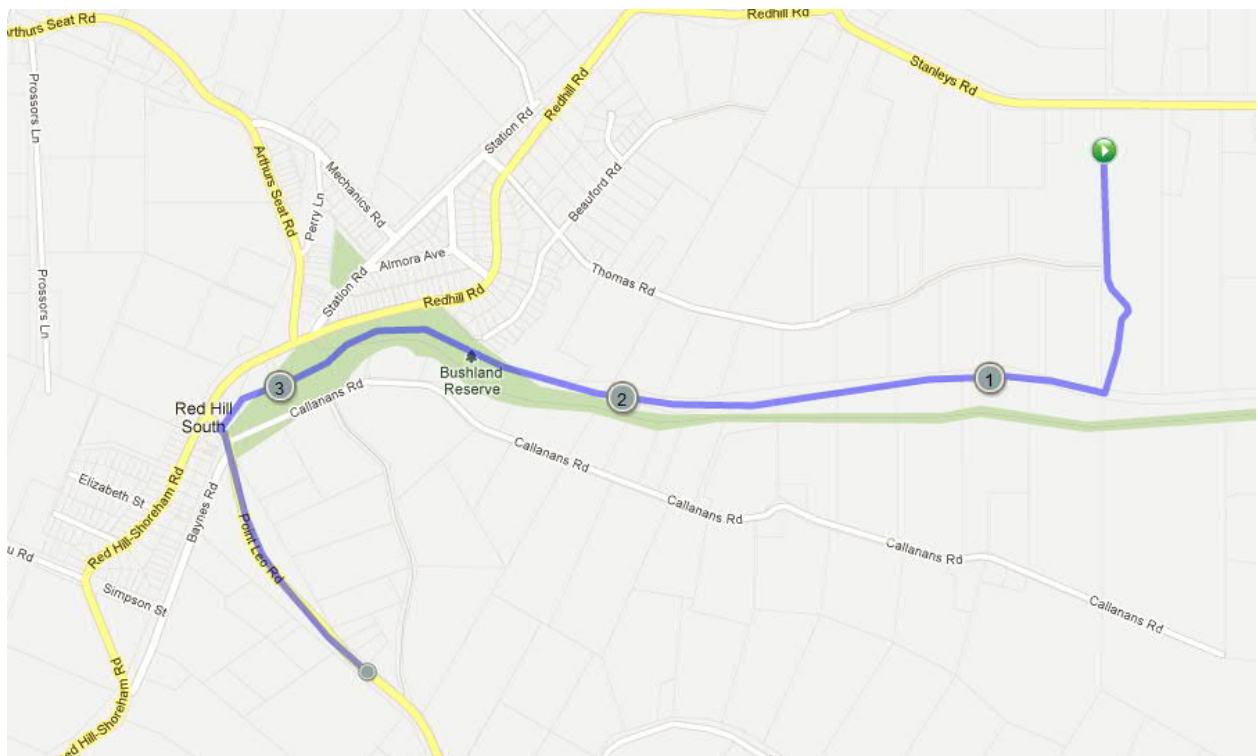
Stage 5 – Giddy up

Melways Ref: Start 191 G6 End 191 B9

Distance: 4.0 km

Description: Start at Nicho's middle gate (where the first leg finished), proceed the same way as the first leg up to the horse riding trail. Turn right onto to Merricks Red Hill Horse Riding Trail. It's a steady climb all the way to Point Leo Rd. Left onto Point Leo Rd. Change over is at "Ambrosia Ridge" (199 Pt Leo Rd).

Course record: 14:24 – Simon Bevege - 2012



Stage 6 – The Fast and the Franga

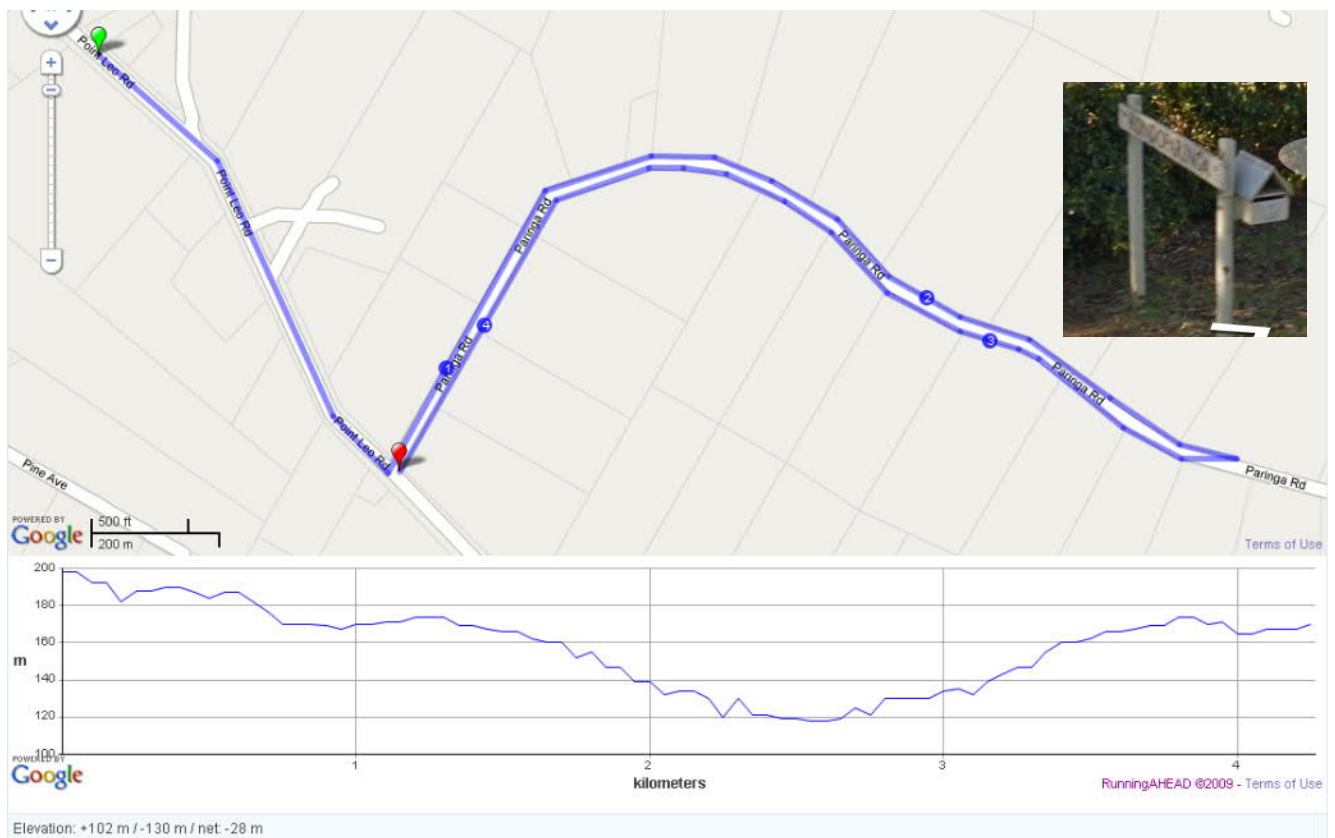
Melways Ref: Start 191 B9 End 191 C10

Distance: 4.27 km

Description: Down Point Leo Rd for 0.6km then left into Paringa Rd for an out and back run. Turnaround once you have passed the Kondoparinga sign at 12 Paringa Road, which is approx 2.3km into the stage. Change over is back at Point Leo Rd

Course record: 13:41 – Richard Does - 2010

Organiser notes: Try to get a turnaround marker at Kondoparinga



Stage 7 – The Patrick Swayze

Melways Ref: Start 191 C10 End 257 A2

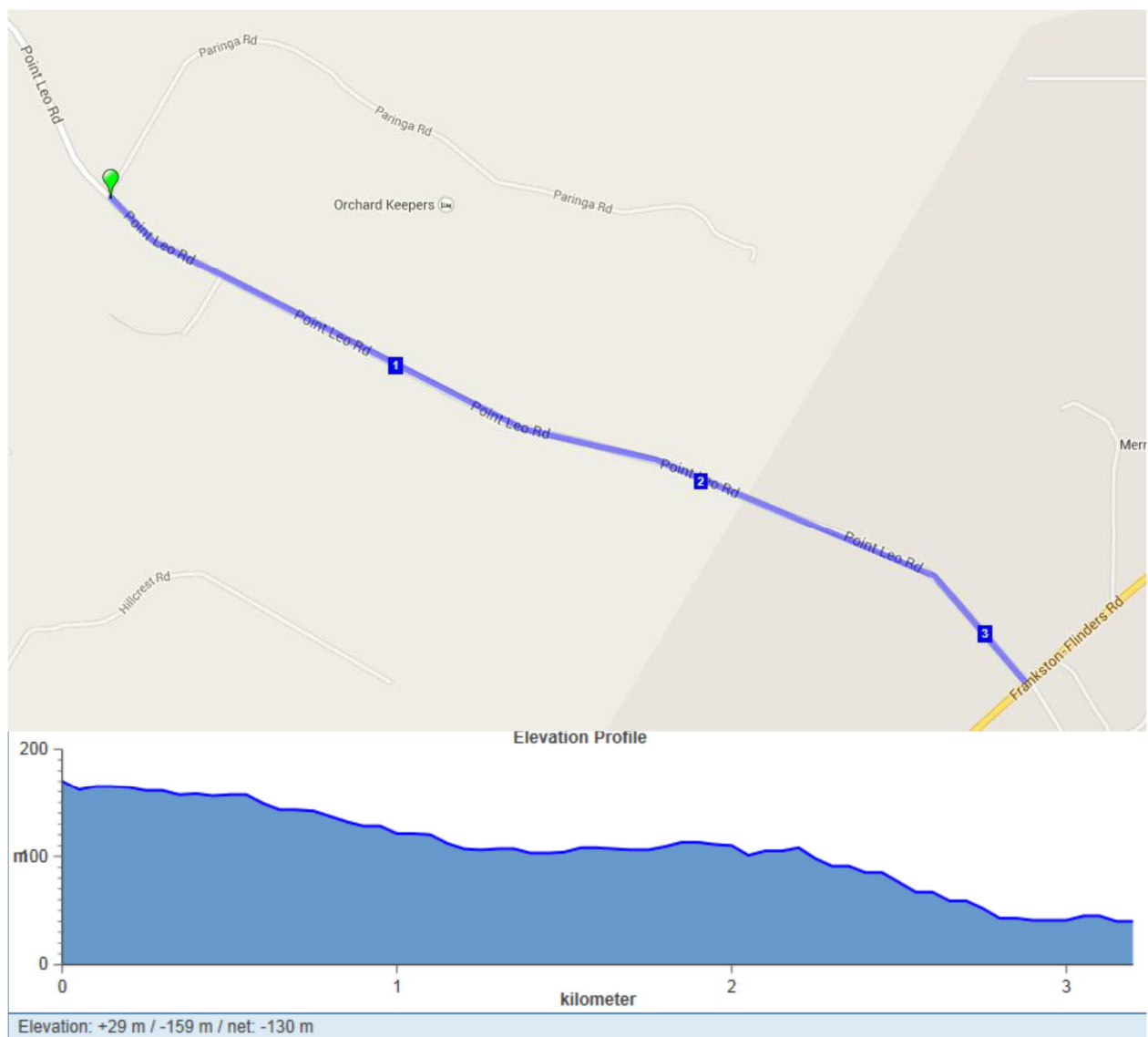
Distance: 3.2 km

Description: Down Point Leo Rd, finish at Keep Left sign on the traffic island situated just before crossing Frankston-Flinders Rd.

Once past the sign, wave to release runner who is waiting by the Keep Left sign on the other side of Frankston-Flinders Rd.

DO NOT RUN ACROSS FRANKSTON-FLINDERS ROAD, THIS IS A MAJOR HIGHWAY.

Course record: 10:40 – David Munro - 2017



Stage 8 – Fury's Delight

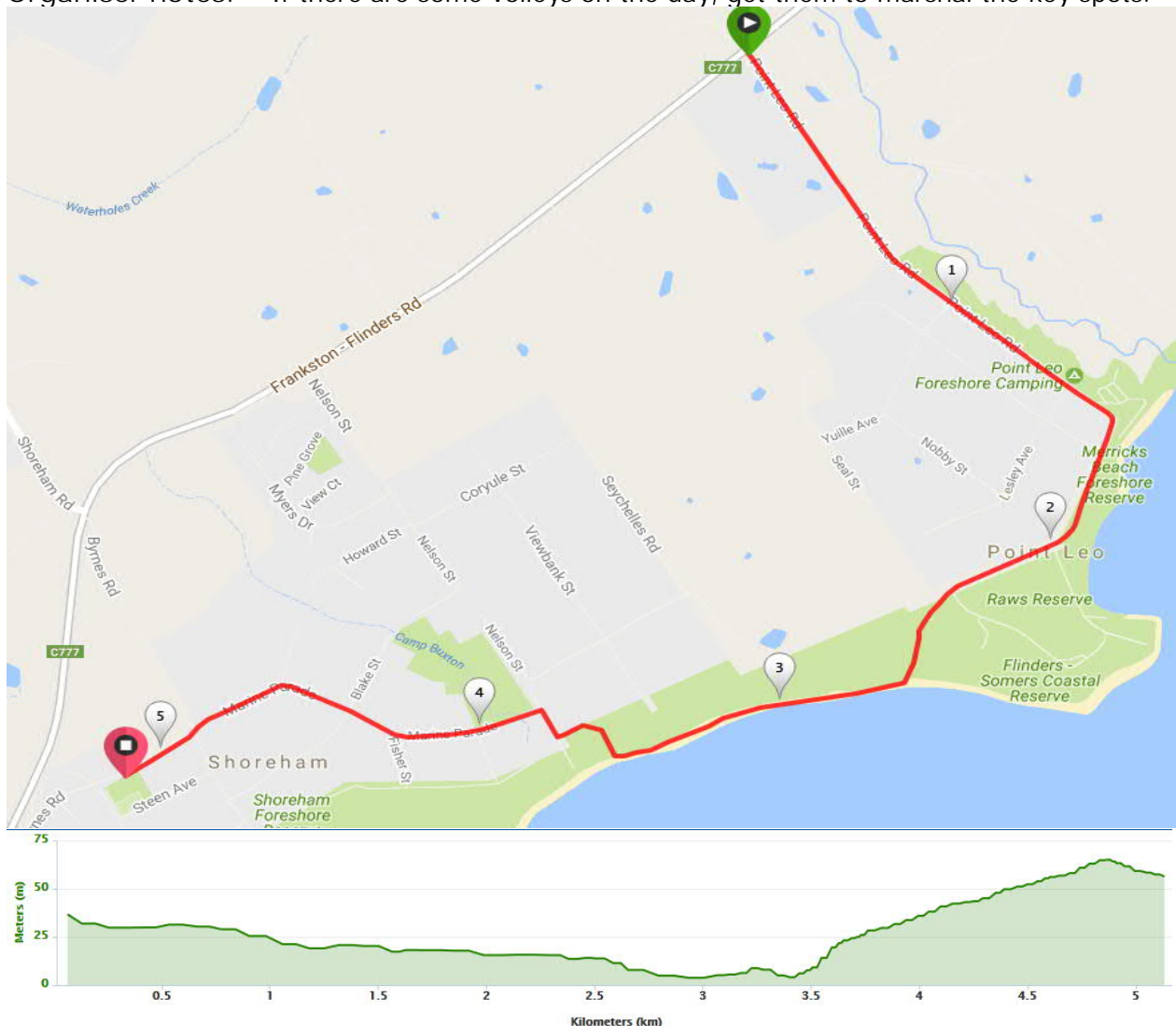
Melways Ref: Start 257 A2 End 256 E9 Distance: 5.13 km

Description: Continue along Point Leo Road and right into Western Parade. From the boom gate it's just over 1 km to the beach. Turn right onto beach (and into the inevitable head wind) & follow water line. Exit beach after approx 900m onto a track, heading up a number of flights of stairs. Once on the grass head left and follow the trail. Turn left when you reach a gate and enter Marine Parade which is gravel. Up the hill until it ends (no turns). Head straight through the multi-way intersection, between the two yellow poles and along on a grass path that follows a line of front fences. The stage finishes at the public telephone in front of the Shoreham Tennis Club.

Course record: 17:53 – Simon Bevege - 2017

Driver's notes: The exit from the beach is very difficult for runners to spot, even if its marked. Teams are therefore required to collaborate to ensure someone is marshalling the exit spot for all runners. A 2-minute penalty will be added to the time of the stage 8 runner in respect of any team that fails to uphold the spirit of this rule. Cars get to Marine Parade via Byrnes Road (not via Nelson Street). Marshall's at the commencement of the grass trail and the gate are also recommended.

Organiser notes: If there are some volleys on the day, get them to marshal the key spots.



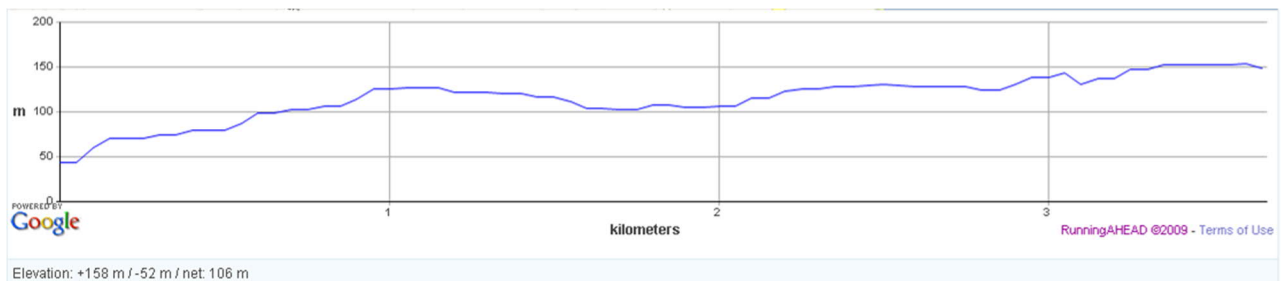
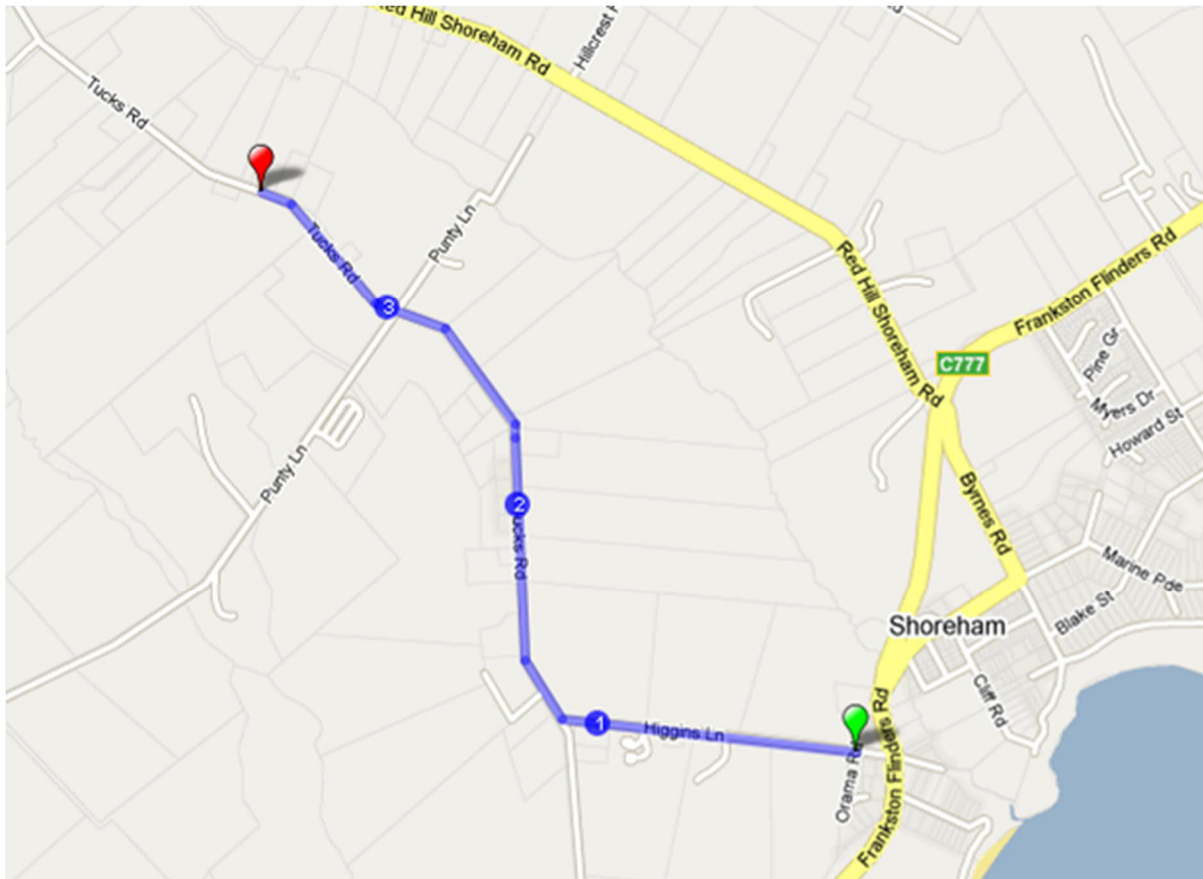
Stage 9 – Past the punt

Melways Ref: Start 256 E9 End 255 J4

Distance: 3.66 km

Description: Start corner of Orama Street & Higgins Lane. After 1.1km of steep climbing turn right onto Tucks Rd and follow it all the way to the changeover at 399 Tucks Road (big red letterbox).

Course record: 12:40 – Dan Hornery - 2012



Stage 10 – The Step Off

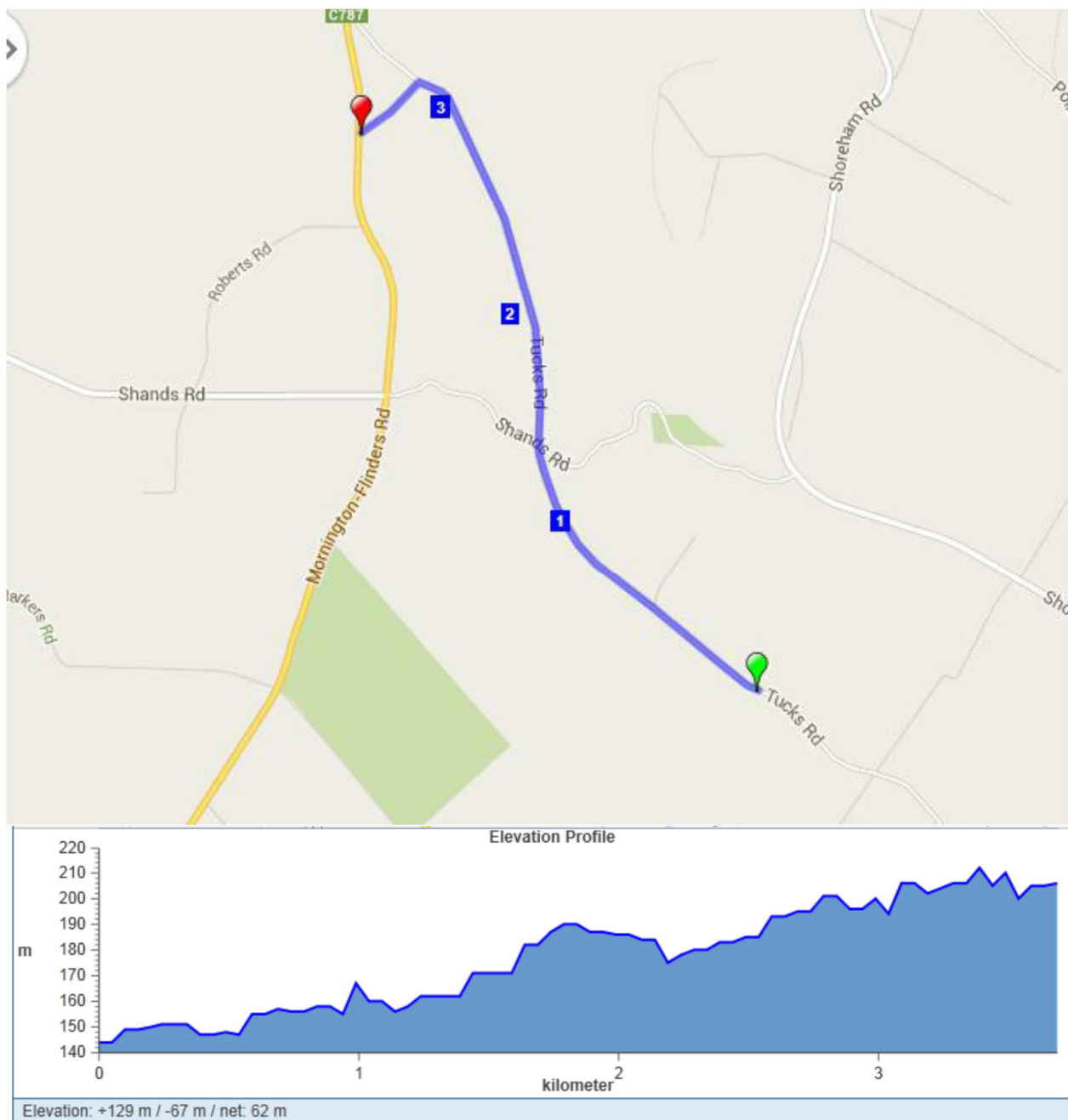
Melways Ref: Start 255 J4 End 190 D9

Distance: 3.7 km

Description: Continue along Tucks Road, after 3.3km turn left into Orchard Way. Finish 10 metres before Mornington-Flinders Rd and wave to release runner who is waiting on other side of road.
DO NOT RUN ACROSS MORNINGTON-FLINDERS ROAD, THIS IS A MAJOR HIGHWAY.

Drivers notes: Currently the sign post for Orchard Way is missing, and the turn off is easily missed. Teams would be wise to place a marshal here.

Course record: 15:01 – Clem Scott – 2017



Stage 11 – Wineview Lane

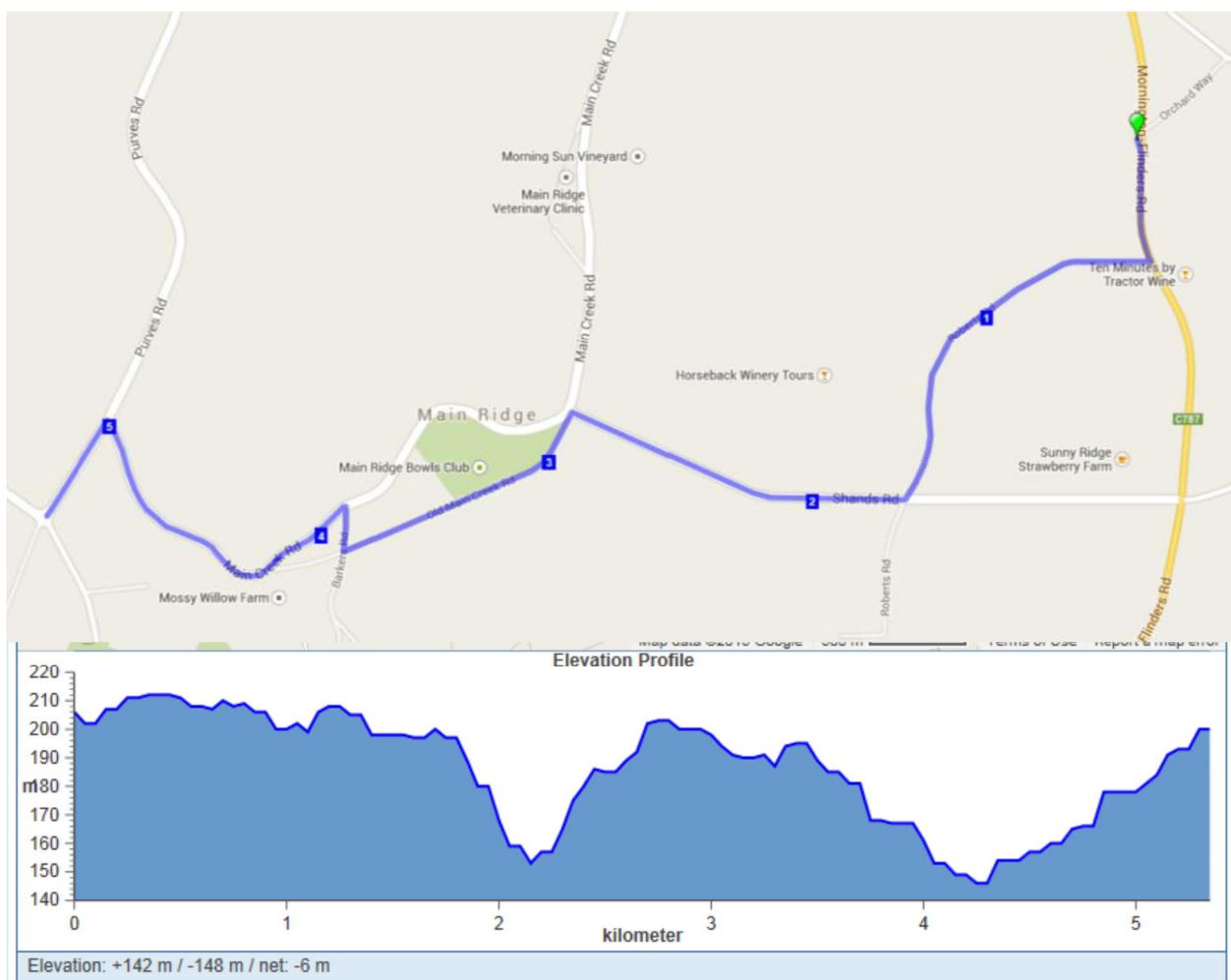
Melways Ref: Start 190 D9 End 254 E1

Distance: 5.3 km

Description: Head south along right hand shoulder of Mornington-Flinders Road for 400 metres, turn right into Roberts Road, right into Shands Road, sharp left onto Old Main Creek Road (gravel). At the T-intersection turn right onto Barkers Road then left onto Main Creek Road. At end of Main Creek Road turn left on to Purves Road where runners MUST use the dirt trail that runs along the left hand side of the road, DO NOT run on the road. Carefully go through the roundabout to the handover.

Driver's notes: Runners tend to miss the turns at both ends of Old Main Creek Road. Teams would be wise to meet their runners here, and also at Purves Road to point them onto the dirt trail.

Course record: 17:47 – Simon Bevege – 2017



Stage 12 – Bora Bora

Melways Ref: Start 254 E1 End 171 C12

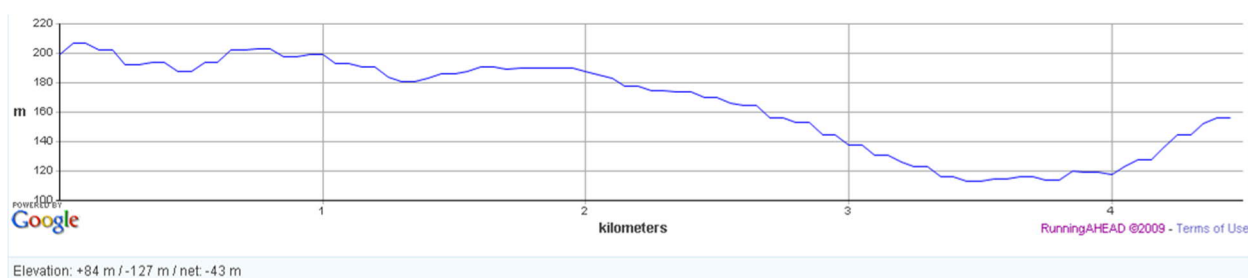
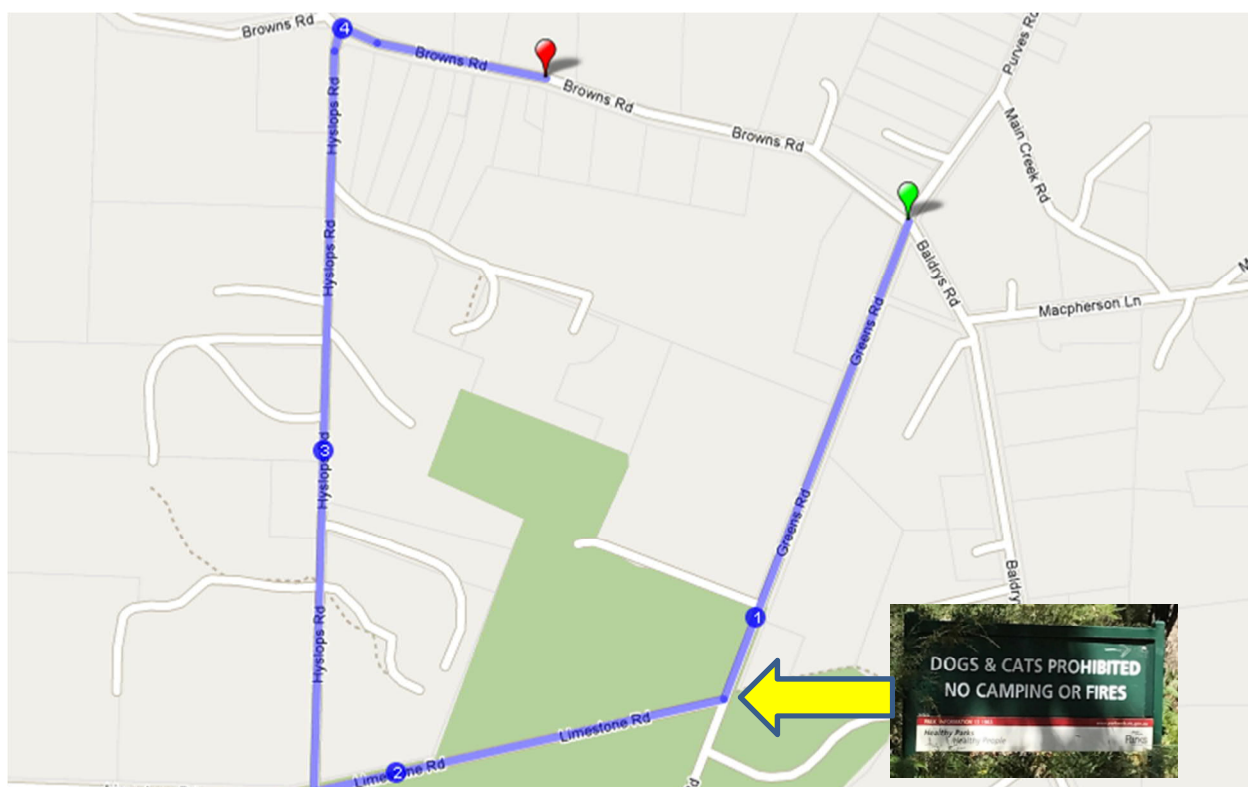
Distance: 4.5 km

Description: Down Greens Road (gravel), right after 1.2km onto a horse track (close to the “dogs and cats prohibited sign”), running over a cattle type grate as you enter. Follow the sandy trail for 1 km then turn right at the clearing where the sign says Browns Road. You will emerge onto Hyslops Road (gravel), enjoy the downhill and turn right when you hit the asphalt that is Browns Road. It's then uphill to the changeover point at 25 Browns Road (previously this was a business named “B'tween Bays”). Runners stay on right side of road for changeover.

Every year someone gets lost on this stage. There is no logical explanation for this phenomenon! It's a run around the block!

Course record: 14:59 – Joji Mori – 2014

Organiser notes: Try to put some markers at the entry and exit of Limestone Road (which is a sandy horse trail, not a road!)



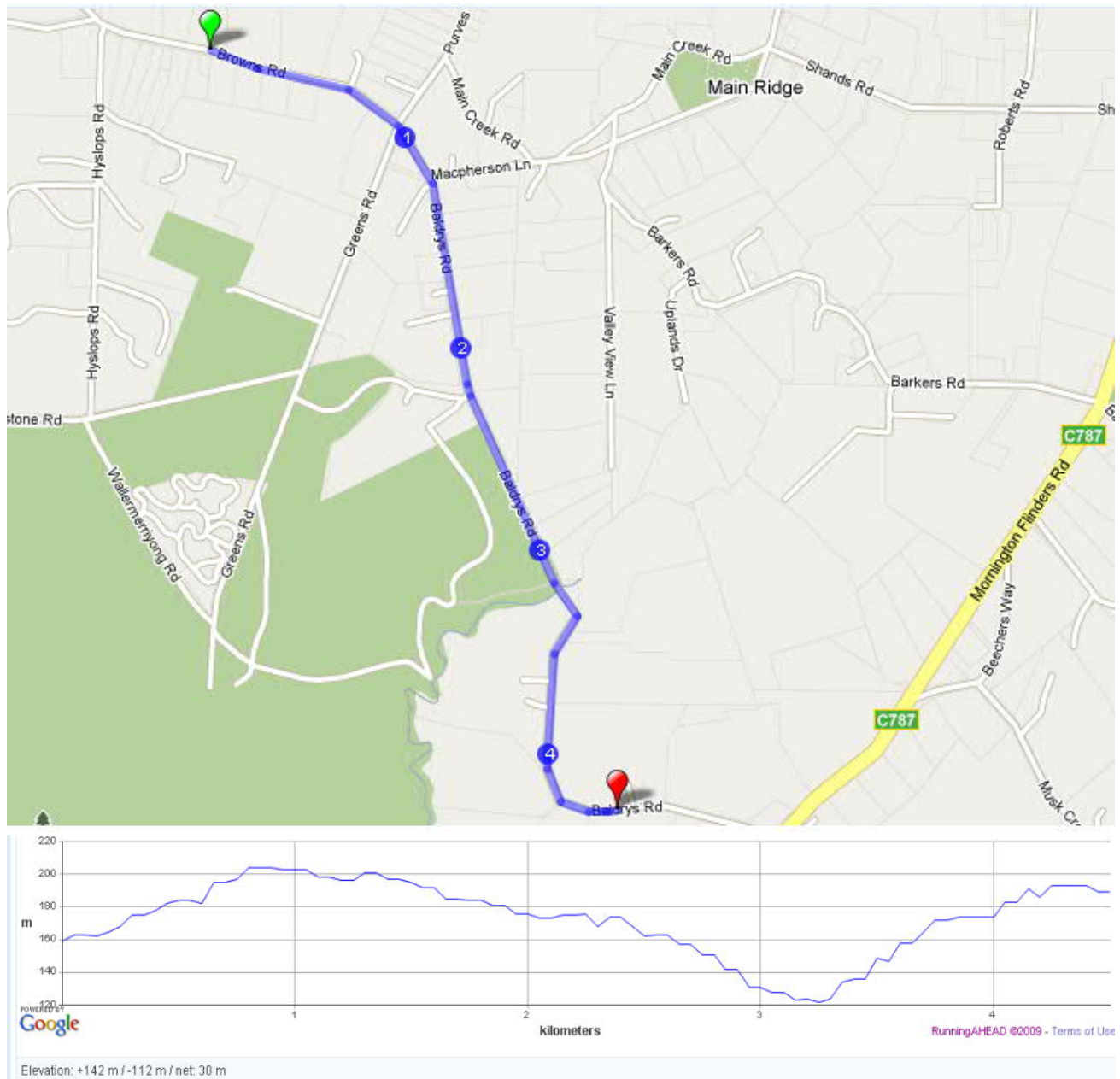
Stage 13 – Crossing Baldry

Melways Ref: Start 171 C12 End 254 H8

Distance: 4.5 km

Description: Continue along Browns Road and straight through the roundabout onto Baldrys Road. There is a track on the left hand side of the road for the first couple of kms. Use it for as long as you can to avoid running near cars. At approx 3.2km mark, when you reach the car park at the bottom of the hill, you must use the track (not the road) for the climb. The track ends as the climb plateaus, use the left hand side of the road for the final sprint. The changeover point is just after a left hand bend where there is a yellow horse riding sign on a lamp post.

Course record: 15:05 – Simon Bevege – 2012



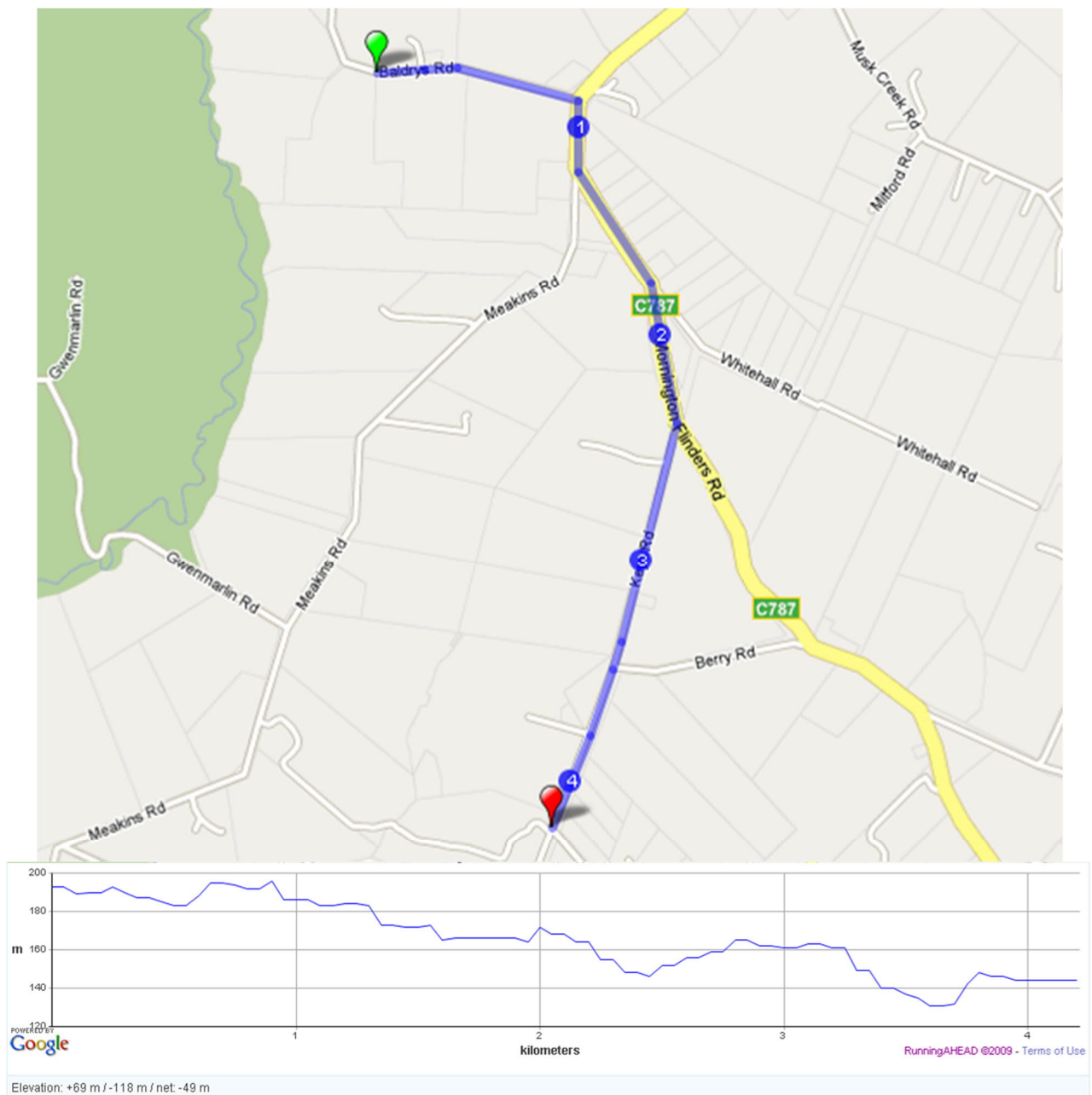
Stage 14 – M1

Melways Ref: Start 254 H8 End 260 J4

Distance: 4.21km

Description: At the end of Baldrys Road turn right into Mornington-Flinders Rd staying on the right hand side of the road. *** CAUTION - THIS IS A MAJOR ROAD***. Turn right after approx 2.3km into Keys Road and follow it all the way to the changeover at the corner of Punchbowl Road.

Course record: 13:49 – Colin Thornton – 2010



Stage 15 – Keys into the punch bowl

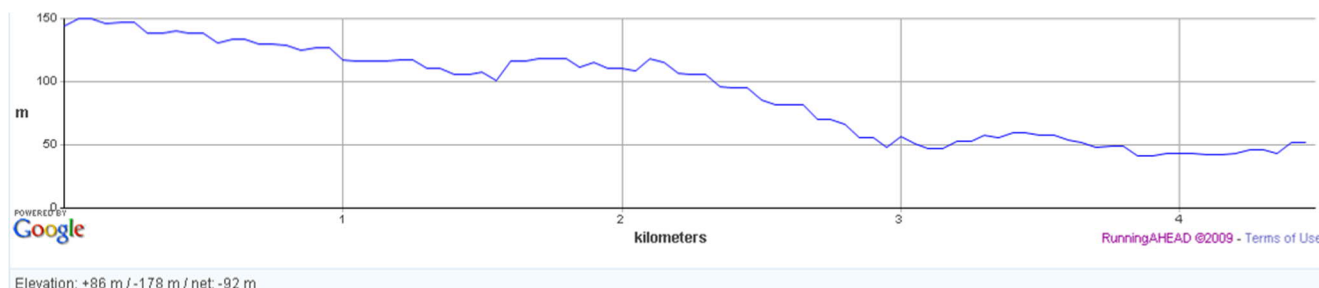
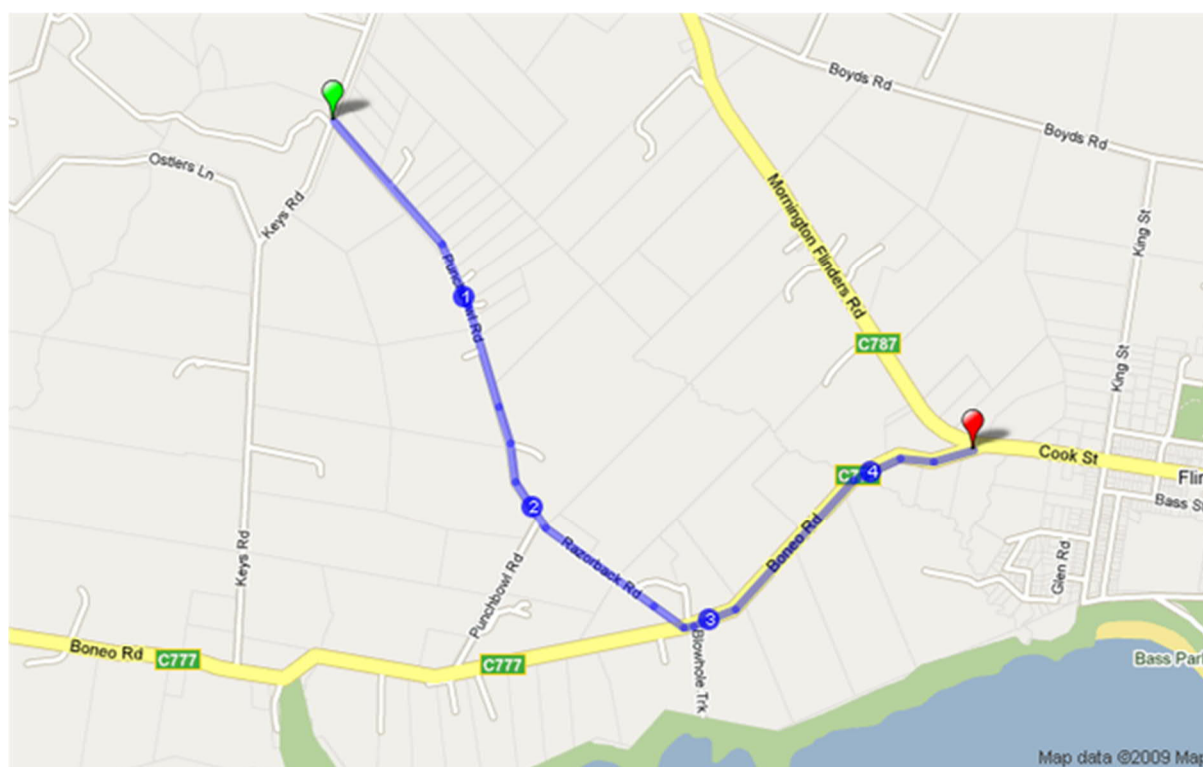
Melways Ref: Start 260 J4 End 261 G8

Distance: 4.49km

Description: Left into Punchbowl Road and keep left after approx 2km into Razorback Road. Left again into Boneo Road (you can cut the corner if you spot the little track) *****CAUTION – BONEO ROAD A MAJOR ROAD*****. Change over to right hand side of road when safely possible. Run on the right hand side of the road towards the change over point which is at a gravel cut out just before a major T-intersection.

Course record: 13:26 – Simon Bevege – 2012

Organiser notes: Endeavour to have a spotter to assist with entering Boneo Road.



Stage 16 – Run Tiger Run

Melways Ref: Start 261 G8 End 262 A9 Distance: 3.66 km

Description: Turn right into Cook Street, heading towards Flinders. Turn right into King Street, follow King Street to just short of the end where it veers left and becomes Golf Links Road. Stay right as you pass Georges Road and head downhill past the 'no entry' signs. Follow the road through the golf course, continue straight onto The Esplanade & up the hill at the only 4-way intersection. The finish is at Monument Car Park in approx 400m. Cutting the corner at the Monument car park is legal. The finish line is on the grass between the monument and the adjacent tree.

Driver's notes: Tired runners have a habit of missing the turns at both ends of King Street. Teams would be wise to meet their runner here. There is no car access to Golf Links Road, use King Street and Bass Street to reach The Esplanade.

Course record: 13:56 – Andrew Compson – 2017

Organiser notes: The finish line is on the grass between the monument and the adjacent tree.

